



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01306, Ice cream, lowfat, no sugar added, cone, added peanuts and chocolate sauce

Report Date: July 16, 2017 19:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	43.85	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Energy	kcal	265	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Energy	kJ	1110	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Protein	g	5.33	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Total lipid (fat)	g	9.33	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Ash	g	1.48	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Carbohydrate, by difference	g	40.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Fiber, total dietary	g	9.3	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Sugars, total	g	10.67	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Starch	g	0.58	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Minerals													
Calcium, Ca	mg	133	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Iron, Fe	mg	0.48	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Magnesium, Mg	mg	65	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Phosphorus, P	mg	143	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Potassium, K	mg	213	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Sodium, Na	mg	113	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Zinc, Zn	mg	1.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Copper, Cu	mg	0.360	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Manganese, Mn	mg	0.677	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Selenium, Se	µg	3.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Thiamin	mg	0.182	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Niacin	mg	3.528	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Pantothenic acid	mg	0.297	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin B-6	mg	0.093	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Folate, total	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2015
Folate, food	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Folate, DFE	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Choline, total	mg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin B-12	µg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin A, RAE	µg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Retinol	µg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin A, IU	IU	89	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Lutein + zeaxanthin	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol)	mg	0.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin D (D2 + D3)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin D3 (cholecalciferol)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin D	IU	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Vitamin K (phylloquinone)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Lipids													
Fatty acids, total saturated	g	6.598	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
4:0	g	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
6:0	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
8:0	g	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
10:0	g	0.068	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
12:0	g	0.075	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
14:0	g	0.286	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
15:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
16:0	g	3.315	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
17:0	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
18:0	g	1.612	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
20:0	g	0.244	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
22:0	g	0.516	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0	g	0.292	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Fatty acids, total monounsaturated	g	1.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
16:1 undifferentiated	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
17:1	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
18:1 undifferentiated	g	1.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
20:1	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
22:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Fatty acids, total polyunsaturated	g	0.434	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
18:2 undifferentiated	g	0.423	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
18:3 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
20:4 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
22:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Cholesterol	mg	7	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Caffeine	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015
Theobromine	mg	118	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2015